



**This institution is an equal opportunity provider**



**Nutrition Tip:** August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat and clean up together!



Reference: USDA MyPlate

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

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4

5

**Chef Salad/Crackers  
Pizza/Salad/Corn  
Fruit/Juice**

**Fruit Yogurt Plate  
Spaghetti/Garlic Bread  
Steamed Broccoli/Side Salad  
Fruit/Juice**

10

11

12

**Chicken Strips/Roll  
Mexican Pizza  
Mixed Veggies/Mashed  
Potatoes/Fruit/Juice**

**Steak Fingers/Roll  
Rice-Gravy  
B.B.Q Rib on Hoagie  
Green Beans/Squash  
Fruit/Juice**

**Fruit Yogurt Plate  
Corn Dog/Baked  
Beans/California Veggies  
Fruit/Juice**

**Chef Salad/Crackers  
Spicy Chicken Sandwich  
Carrots/Side Salad  
Fruit/Juice**

**Fruit Yogurt Plate  
Beef Steak Burger/F.Fries  
Raw veggies with Dip  
Fruit/Juice**

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**Cheesy Chicken/Rice  
Pepperoni Pizza  
Steamed Broccoli/Corn  
Fruit/Juice**

**Hot Dog  
Chicken Sandwich  
Baked Beans/Mixed Veggies  
Fruit/Juice**

**Fruit Yogurt Plate  
Nacho Grande  
Side Salad/Squash  
Fruit/Juice**

**Chef Salad/Crackers  
Hamburger Patty  
Mash Potato/Green Peas  
Roll  
Fruit/Juice**

**Fruit Yogurt Plate  
Hot Ham -Cheese Sub  
F.Fries/Side Salad  
Fruit/Juice**

**Chicken Legg/Roll  
Mexican Pizza  
California Veggies  
Lima Beans  
Fruit/Juice**

**Corn Dog  
B.B.Q Pork Sandwich  
Mac-Cheese/Carrots  
Green Peas/Fruit/Juice**

**Fruit Yogurt Plate  
Meat Ball Sub  
Steamed Broccoli  
Side Salad  
Fruit/Juice**

**Chef Salad/Crackers  
Beefy Tacos  
Side Salad/Squash  
Fruit/Juice**

**Fruit Yogurt Plate  
Hot Dog  
F.Fries/Raw Veggies with Dip  
Fruit/Juice**

**Mandarin Chicken  
Fried Rice  
Pepperoni Pizza  
Broccoli/Squash  
Fruit/Juice**



# August 2020

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LUNCH 7



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Monday

Tuesday

Wednesday

Thursday

Friday



17



19



20



21



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